

ALISON'S BREAKFAST BARS

INGREDIENTS

14 OUNCES SWEETENED CONDENSED MILK
1 CUP ROLLED OATS
1 CUP SHREDDED COCONUT
1 C DRIED CRANBERRIES
1/2 CUP SUNFLOWER SEEDS
1/2 CUP PUMPKIN SEEDS
2 TABLESPOONS GROUND FLAX SEEDS
1/2 CUP SLIVERED ALMONDS

TEMP, TIME & SERVINGS

250°
1 HOUR
16 BARS



HERE'S HOW

- 1 HEAT SWEETENED CONDENSED MILK ON HIGH IN MICROWAVE FOR 1 MINUTE.
- 2 STIR TOGETHER EVERYTHING ELSE.
- 3 ADD HEATED MILK TO OAT/NUT MIXTURE.
- 4 SPREAD MIXTURE IN AN OILED 9" X 13" PAN.
- 5 BAKE FOR 1 HOUR. COOL FOR 15 MINUTES BEFORE CUTTING INTO BARS. WRAP BARS IN WAXED PAPER.

NOTE: DRIED APRICOTS, FIGS OR CHERRIES CAN BE SUBSTITUTED FOR CRANBERRIES. MAKE NUTTY BARS BY ADDING 2 TABLESPOONS OF PEANUT BUTTER OR ALMOND BUTTER.

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MUSINGS ON FOOD AND COOKING
FROM A VERMONT KITCHEN